



TCHOUKBALL Inc.

An innovative and unique approach to sports

Tchoukball Skill Drills

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Activity Instructional Best Practices

1. All students actively engaged in learning – students should be in groups of no more than 6; if you do not have enough equipment for smaller groups, be creative and have other activities included (fitness, cooperative games, combine activity units); combine this game with ultimate, momentum, handball, speedball, etc; play outside for more space; use pedometers to measure student engagement
2. Providing all students success – assess your students and group them for skill practice and competitive activities accordingly; also consider the equipment you are using to promote improvement and performance competency... gator/trainer balls instead of hard balls that will just intimidate those of lower skill levels; do not overinflate tchoukballs
3. Modify and adjust rules – consider more than 3 throws—must throw at least 5 times before shooting at tchouk; cannot throw to the person who threw it to you; boy>girl; for large groups, every other throw must go to the sideline players—switch sides; the only way to make a point is for the ball to rebound off the frame and touch the floor without being caught--not a point if you miss the frame

Teams of three

Team players randomly move around area tossing to each other. Encourage them to keep moving and throw to team member on the move (can only take 3 steps after the catch).

*Variations: have the groups move across the floor passing to each other; as groups move across the floor, on whistle they must change direction

Teams of three line up on either end of the playing area

Advance the ball traveling across the court to the other end.

Single file lines of 4 - 6 in front of frame(s):

Thrower throws at frame and goes to end of line. This is a cooperative activity so teams are trying to work together to throw and catch.

*Variation: after the throw run around behind the frame and get back in line – line will end up as a circle around the frame

Single file lines in front of frames that are located across from each other.

Player throws at the frame and rotates to the frame line on the opposite end.

Two single file lines facing frame creating an angled rebound

Front person in one line tosses at frame moves to end of other line, first in other line catches rebound and tosses at frame then moves to end of the other line. Continue rotation.

*Variations: run behind frame and to the end of the other line; change the distance the lines are from the frame; change the angle of the throw and catch; add a middle line to catch balls that rebound to middle area

Scattered formation with players facing a frame

Each person is given an opportunity to throw at the frame from any position and scattered players get an opportunity to catch the rebound

****During the game periodically **stop play** and assess student cooperation and teamwork. Have students sit and assess students understanding of the spirit of the game. Ask students:**

1. Raise your hand if you had a chance to throw at the frame (offense)
2. Raise your hand if you have caught a ball off the frame to prevent a score (defense).
3. Raise your hand if you said "Nice Try" or high fived a player. (Teamwork)
4. Raise your hand if you felt included by your teammates. (Cooperation)

Ask students to observe answers of their own teammates and challenge them to get everyone involved. After awhile do the same assessment again....

****Contributions by Todd Keating**